



Indications for Use of Antihypertensive Drugs

- 1. Significant hypertension**
 - **Adolescents >90 mm Hg DBP**
 - **Infants >80 mm Hg DBP**
 - **Children >86 mm Hg DBP**
- 2. Evidence of target organ damage**
- 3. Symptoms or signs related to elevated blood pressure**

Source: Second Task Force Report, 1987



Treatment: Pharmacologic Therapy

- **Follow Second Task Force Report recommendations plus new classes of drugs.**
- **Secondary hypertension due to renal disease or diabetic nephropathy requires BP control (<90th percentile) for renal protection.**

Source: Second Task Force Report, 1987.



Pharmacologic Treatment: Therapeutic Goals

- **Reduce BP to below 95th percentile.**
- **Choose medication with minimal side effects.**
- **Use the least amount of drug necessary to reduce blood pressure effectively.**
- **Strive for high degree of patient adherence.**

Source: Second Task Force Report, 1987.



Treatment: Nonpharmacologic Therapy

- **Recommended as initial treatment for children with high-normal BP (90th to 95th percentile)**



Treatment: Nonpharmacologic Therapy

- **Weight reduction**
- **Increased physical activity**
- **Dietary Interventions**
 - **Moderate reduction of sodium intake**
 - **Increased intake of fruits and vegetables**



Public Health Considerations in Addition to BP Monitoring

- **Emphasize benefits of proper nutrition.**
- **Encourage physical activity.**
- **Discourage use of tobacco.**